

PTCS Toddler Daily Schedule (Ages 2)

Time	Activity	Remark
7:30 - 8:00	Gentle Start Arrival & Free Play	• Flexible arrivals • Soft start, greeting children by name • Choice-based play (blocks, sensory bins, books) • Helps with separation and emotional regulation
8:00 – 8:30	Breakfast/Snack	• Practice independence (self-feeding, cleanup)
8:30 – 9:00	Hygiene Routines	• Handwashing, bathroom time, diaper
9:00 – 9:20	Free Play	• Unstructured play to support exploration and social interaction
9:20 – 9:40	1st Circle Time	• Theme and story time • Songs, movement, simple Bible story or theme story • Weather, feelings, name recognition
9:40 -10:40	Learning centers	• Exploration/Stimulation/Interaction • Art/Sensory play • Language – books, storytelling • Fine motor – puzzles, sorting • Early STEM – water play, nature items
10:40 - 11:00	Music & Movement Gym	• Structured activity • Fine arts integration – singing, instruments, rhythm, dance • Running, climbing, physical development • Outdoor play if possible

11:00 – 12:00	Lunch Hygiene Routine	● Hygiene routine before & after lunch ● Social skills ● Encourage independence
12:00 – 12:20	Transition to Rest	● Quiet books, dim light, soft music
12:20 -2:00	Nap / Rest Time	● Individual cot ● Quiet alternatives for non-nappers ● Allow early risers quiet activity (do not force sleep)
2:00 - 3:00	Wake-Up & Snack	● Hygiene routine ● Gentle transition back to activity
3:00 - 3:45	Small Group / Guided Play	● Language & Social Development ● Simple teacher-led activities ● Language, matching, pretend play
3:45 - 4:00	Gym	● Second Movement block ● Running, Climbing ● Tricycles
4:00 - 4:30	Quiet Play / Story Time	● Books, drawing, calm activity ● Help regulate end-of day behavior
4:30 - 5:30	Snack & Free Play Pick Up	● Flexible centers ● Teacher – parents communication

Key Design Principles

- **Short transitions (15–30 min blocks)**
- **Repetition = security** (same structure daily)
- **Play-based, not academic-heavy**
- **Language-rich environment** (talk, narrate, sing)
- **Faith integration** (songs, prayer, simple truths)
- **Low ratio & high supervision**

PTCS Enhancements

Uniquely include:

- **Simple Bible truth of the week**
- **Mandarin exposure** (songs/phrases)
- **Fine arts rotation** (music, texture, movement)
- **Parent connection** (daily report/photos)